

U-117-SPH
51

81-117-5PM
57

BERNARD HAYGOOD, JR. 81-117-SPH
475 Westminster Rd., 7 mile W of
Westminster, 6 Hanover Pike 4th

(over)

ORDER RECEIVED FOR FILING

DATE June 3, 1981
BY William P. L...
ADMINISTRATIVE ASSISTANT

RECEIVED FOR FILMING

DATE June 3, 1981
BY Stella P. L. Gentry, etc.
ADMINISTRATIVE ASSISTANT

1. The petitioner, a reflexologist, is seeking an interpretation to be considered a professional and, therefore, permitted to have an office within his bona fide residence.
2. The petitioner defined reflexology as a method of compression on the feet intended to restore and normalize circulation, relax nerves and nerve tension, and normalize glandular tensions.
3. Testimony presented by the petitioner indicated that he studied reflexology independently for several years and, after his first weekend seminar franchised by the National Institute of Reflexology, received certification as a reflexologist.
4. Further testimony revealed that 90% of his reflexology is performed through house calls.
5. The only necessary equipment used is a recliner, a precu saflex (vibrator for tender feet), and blood pressure instruments.
6. The Dictionary of Occupational Titles (1977) and the Occupational Outlook Handbook (1980-81) do not list reflexologist. Dorland's Illustrated Medical Dictionary (1974) and Stedman's Medical Dictionary (1976) refer to reflexology as the study of reflexes, but not specifically as defined by the petitioner.
7. In The Massage Book (1972), George Downing states: "Although largely ignored by the medical profession [reflexology] has come to gain a large underground reputation among practitioners of massage."
8. In Helping Yourself With Foot Reflexology (1969), Mildred Carter states: "This book can guide anyone who can follow simple instructions to better health." She did not describe reflexology as a profession or its practitioners as professionals.

Jan M. N. Jung
Deputy Zoning Commissioner of
Baltimore County

ORDER RECEIVED FOR FILING

DATE June 3, 1981
BY William J. Gandy, et al
ADMINISTRATIVE ASSISTANCE

COUNTY OFFICE BLDG.
111 W. Chesapeake Ave.
Towson, Maryland 21204

MEMBERS

Bureau of
Engineering

Department of
Traffic Engineering

State Roads Commission

Bureau of
Fire Prevention

Health Department

Project Planning

Building Department


Board of Education

Zoning Administration

Industrial
Development

RE: Item No. 57
Petitioner - Bernard Haygood, Jr.
Special Hearing Petition

The Zoning Plans Advisory Committee has reviewed the plans submitted with the above referenced petition. The following comments are not intended to indicate the appropriateness of the zoning action requested, but to assure that all parties are made aware of plans or problems with regard to the development plans that may have a bearing on this case. The Director of Planning may file a written report with the Zoning Commissioner with recommendations as to the suitability of the requested zoning.

Very truly yours,

NICHOLAS B. COMMODARI
Chairman
Zoning Plans Advisory Committee

Enclosures

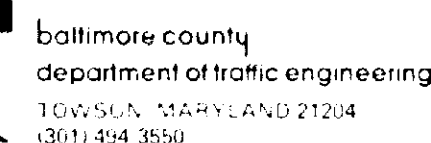


November 3, 1980

Comments on Item #57, Zoning Advisory Committee Meeting, September 23, 1980, are as follows:

This plan has been reviewed and there are no site planning factors requiring comment.

John L. Wimbley
Planner III
Current Planning and Development



November 13, 1980

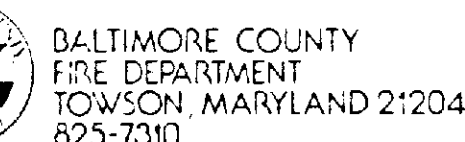
Dear Mr. Hammond:

The Department of Traffic Engineering has no comment on Items #55, 57 and 58 with regard to the Zoning Advisory Committee Meeting on September 23, 1980.

Very truly yours,

Michael S. Flanigan
Engineering Associate II

MSF/bza



Mr. William Hammond
Zoning Commissioner
Office of Planning and Zoning
Baltimore County Office Building
Towson, Maryland 21204

Re: Property Owner: Herbert Mayfield, Jr.

Location: _____
Item No.: _____
Joining Agenda: _____

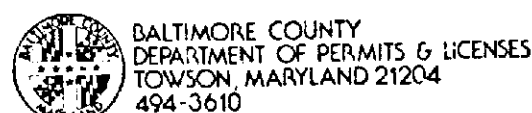
Gentlemen:

Pursuant to your request, the referenced property has been surveyed by this Bureau and the comments below, marked with an "X", are applicable and required to be corrected or incorporated into the final plans for the property.

- () 1. Fire hydrants for the referenced property are required and shall be located at intervals of _____ feet along an approved road in accordance with Baltimore County Standards, as published by the Department of Public Works.
- () 2. A second means of vehicle access is required for the site.
- () 3. The vehicle dead end condition shown at _____
- EXCEEDS the maximum allowed by the Fire Department.
- () 4. The site shall be made to comply with all applicable parts of the Fire Prevention Code prior to occupancy or beginning of operations.
- (...) 5. The buildings and structures existing or proposed on the site shall comply with all applicable requirements of the National Fire Protection Association Standard No. 101 "Life Safety Code", 1976 Edition prior to occupancy.
- () 6. Site plans are approved as drawn.
- () 7. The Fire Prevention Bureau has no comments, at this time.

REVIEWER: Est. J. H. Kelly 9-24-80 Noted and Approved: Lee G. McLaughlin
PLANNING GROUP 16 FIRE PREVENTION BUREAU
SPECIAL INSPECTION DIVISION

17



October 21, 1980

Mr. William E. Hammond, Zoning Commissioner
Office of Planning and Zoning
County Office Building
Towson, Maryland 21204

Dear Mr. Hammond:

Comments on Item #57 Zoning Advisory Committee Meeting, September 23, 1980 are as follows:

Property Owner: Bernard Haygood, Jr.
Location:
Existing Zoning: Special Hearing to approve an office of a reflexologist as one of the other professional persons referred to in Section 1A, 02.2 A, 10 (d) as being a permitted use within his bona fide residence.

Acres:
District:

The items checked below are applicable:

- X A. All structures shall conform to the Baltimore County Building Code 1978, the State of Maryland Code for the Handicapped and Aged, and other applicable Codes.
- B. A building permit shall be required before beginning construction.
- C. Residential: Three sets of construction drawings are required to file a permit application. Architect/Engineer seal is/is not required.
- X D. Commercial: Three sets of construction drawings with a Maryland Registered Architect or Engineer seal are required to file a permit application.
- E. In wood frame construction an exterior wall erected within 6' 0" of an adjacent lot line shall be of one hour fire resistive construction, no openings permitted within 3' 0" of lot line. A minimum 2" masonry firewall is required if construction is on the lot line.
- F. Requested variance conflicts with the Baltimore County Building Code, Section/s.
- X G. A change of occupancy shall be applied for, along with an alteration permit application, and three required set of drawings indicating how the structure will meet the Code requirements for the proposed change. Drawings may require a professional seal.
- H. Before this office can comment on the above structure, please have the owner, thru the services of a Registered in Maryland Architect or Engineer certify to this office, that, the structure for which a proposed change in use is proposed can comply with the height/area requirements of Table 305 and the required construction classification of Table 211.
- X I. Comments: The change of occupancy should be from "R-3" residential to mixed uses "R-3" and "B" (Business).

NOTE: These comments reflect only on the information provided by the drawing submitted to the office of Planning and Zoning and are not intended to be construed as the full extent of any permit. If desired additional information may be obtained by visiting Room #122 (Plans Review) at 111 West Chesapeake Ave., Towson.

Very truly yours,
Charles E. Burnham, Chief
Plans Review

CEB:rrj

BALTIMORE COUNTY PUBLIC SCHOOLS

Robert Y. Dubel, Superintendent

Towson, Maryland - 21204

Date: September 26, 1980

Mr. William E. Hammond
Zoning Commissioner
Baltimore County Office Building
1111 West Chesapeake Avenue
Towson, Maryland 21204

RE: Item No: 54, 55, 56, 57, 58
Property Owner:
Location:
Present Zoning:
Proposed Zoning:

District:
No. Acres:

Dear Mr. Hammond:

All of the above have no bearing on student population.

Very truly yours,

Wm. Nick Petrovich, Assistant
Department of Planning

WNP/bp

RE: PETITION FOR SPECIAL HEARING
S/S of Westminster Rd., .7 mile
W of Westminster & Hanover Pike,
4th District

: BEFORE THE ZONING COMMISSIONER
OF BALTIMORE COUNTY

BERNARD HAYGOOD, JR.,
Petitioner

: Case No. 81-117-SPH

ORDER TO ENTER APPEARANCE

Mr. Commissioner:

Pursuant to the authority contained in Section 524.1 of the Baltimore County Charter, I hereby enter my appearance in this proceeding. You are requested to notify me of any hearing date or dates which may be now or hereafter designated therefore, and of the passage of any preliminary or final Order in connection therewith.

Peter Max Zimmerman
Deputy People's Counsel

John W. Hession, III
People's Counsel for Baltimore County
Rm. 223, Court House
Towson, Maryland 21204
494-2188

I HEREBY CERTIFY that on this 1st day of December, 1980, a copy of the foregoing Order was filed to Mr. Bernard Haygood, Jr., 419 Westminster Road, Reisterstown, Maryland 21136, Petitioner.

John W. Hession, III

THE WALL STREET JOURNAL

March 5, 1979

Something's Afoot, Or, We Pay a Visit To the Reflexologist

Reporter Gets Her Feet Wet
Probing the 'Healing Art'
Of Manipulating the Soles

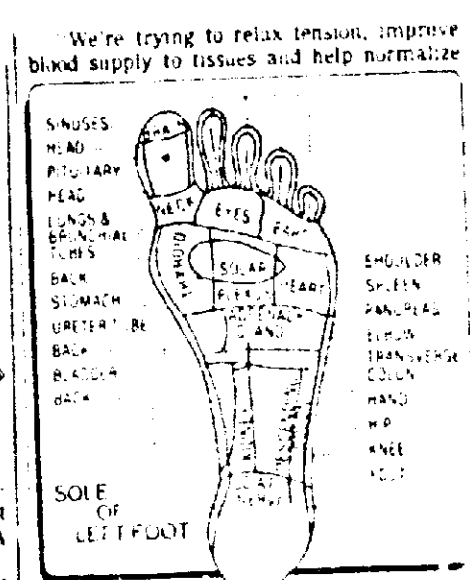
By GAIL BENSON
Staff Reporter of THE WALL STREET JOURNAL
An insurance salesman says it helped uncurl his toes. A federal research analyst found it relieved her menstrual cramps. A registered nurse says it renews her energy. A magic chair? A new diet? No, what these people all credit for their new-found well-being is foot reflexology.

Foot reflexology, what it is a form of therapy, introduced in the 1920s and again in 1938 in a book called "Stories the Feet Can Tell" by the late Eunice Ingham Stoplel. Mrs. Stoplel was Mr. Byers' aunt.

Whatever their perspective, most reflexology practitioners follow precepts set down in 1938 in a book called "Stories the Feet Can Tell" by the late Eunice Ingham Stoplel. Mrs. Stoplel was Mr. Byers' aunt.

Hunting for Crystals
Mrs. Stoplel reported that "reflexes" link each part of the body to a special area of the feet, with the nervous system serving as the connection. When impurities enter the blood, she explained, they flow down to lodge in the nerve endings of the feet. In chronic cases, they form calcium deposits, or crystals.

The reflexologist searches for these crystals by probing the feet to see where the client feels pressure or pain. By manipulating the painful spots, he then breaks up the crystalline congestion that short-circuits the nervous system. It is important that this manipulation be done properly. "It is a crawling motion, not a rub," Mr. Byers says.



Mr. Byers explains, "Working on your feet gives a little kick, but when you get results you start to believe in it." Or maybe the other way around. Kirby Deeno, the insurance salesman whose name reflexology purportedly straightened, suggests that mental attitude "has a lot to do with the effect. If you think reflexology will help you, it will," says Mr. Deeno of suburban Pittsburgh.

Courting up this ambiguity seemed to require a reporter's personal visit. I sought out Marie Vetter, a Polish-born woman who was trained in reflexology and Swedish massage in Germany 30 years ago and now practices in Newton Square, Pa.

Knuckles and Thumbs
The petite Mrs. Vetter, whose gentle manner contrasts with her wise-like hand-shake, says she has my feet soaking in a vibrating tub of hot water. After a few minutes of this I sank back into a huge armchair with Mrs. Vetter beside me in a stool, my feet on her lap. Her hands, slick with Dr. Scholl's salve, she began kneading and then rubbing each foot in rhythmic circles, alternately using her knuckles and thumbs. I feel better already.

My reverry is snapped, however, when Mrs. Vetter begins to probe each individual toe. As she presses deeply into the under-sole of one, a faint expression of concern crosses her face. She has found congestion under my middle toe - congestion that may explain why I sometimes have eye fatigue. Mrs. Vetter's hands keep circling. Crystals of calcium often can be felt at the nerve endings, she notes. Use them, she says, the outside of my right foot. Have I been eating fats that may cause liver malfunction? she queries as she probes in her thumb. It takes a long time, sometimes from when the nerve endings start tingling to

when you get into trouble. Mrs. Vetter can't say. Too many feet may obstruct liver function. I always say the Devil invented two things, the frying pan and the shower."

A crystal or two notwithstanding, Mrs. Vetter concludes after an hour of probing that I am in relatively good health. Still, she is playing it safe. She is reluctant to mass my feet further, she says, for fear that my body couldn't handle the sudden surge of wastes loosened from nerve endings.

In a way, it's a physical check-up with out going to the doctor, explains Mrs. Vetter, who normally charges \$10 for an initial visit. "We can pick up things long before they might show up on a doctor's exam," she explains to add that "if I suspect something is very wrong with someone, I suggest they see a family physician."

The doctor is unlikely to be impressed with the reflexologist referral. The AMA asserts that there is no foundation at all for reflexology. "Just another cult," a spokesman says.

Practitioners are not use caution in this regard. If they make curative claims, they risk being accused of practicing medicine without a license, says Doris Dietermann, president of the California Federation of Massage. However, at least 10 states grant licenses for massage therapy, which includes reflexology.

In addition, several massage therapists groups offer certification, usually after a demonstration of technique and 1,000 hours of practice. Mr. Byers instructs certifies practitioners who have had a year's practice and have attended two of his traveling two-day seminars, which Mrs. Stoplel began 30 years ago.

Mr. Byers says the institute trained about 1,400 people last year, compared with 600 or so annually five years ago. "There's fast-growing interest on the part of people who want to practice reflexology," he says adding, "That means they must have clients."

Those clients seem unperturbed by the skepticism of organized medicine. "Physicians don't want to hear it, that this is most of nature's way of curing your body," says Mr. Deeno, he of the intractable toenails.

Mr. Deeno's wife, Gerri, visits a reflexologist every three months or so because she finds it helps her "eliminate a lot of junk." Says Mrs. Deeno: "When I'm dragging, I know what I need."

BERNARD HAYGOOD, JR.
6003 Woodlawn Road
Woodlawn, Maryland 21797

Pet 4/4 3

BALTIMORE COUNTY, MARYLAND

INTER-OFFICE CORRESPONDENCE

TO: Mr. W. E. Hammond
Zoning Commissioner
Norman E. Gerber, Director
Office of Planning and Zoning

FROM: Petition No. 81-117-SPH Item 57

SUBJECT:

Petition for Special Hearing
South side of Westminster Road, .7 mile West of Westminster and Hanover Pike
Petitioner: Bernard Haygood, Jr.

Fourth District

HEARING: Thursday, December 11, 1980 (10:15 A.M.)

There are no comprehensive planning factors requiring comment on this petition.

Norman E. Gerber, Director
Office of Planning and Zoning

NEG:JGH:ob

POTTS AND POTTS
ATTORNEYS AT LAW
SUITE 1207 COURT SQUARE BUILDING
CALVERT AND LINCOLN STREETS
BALTIMORE, MARYLAND 21204

BERNARD POTTS
PHILLIP L. POTTS

1-301-727-8888

December 24, 1980

TO WHOM IT MAY CONCERN:

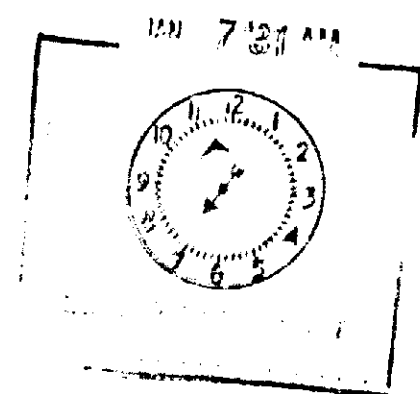
Please be advised that I have been receiving reflexology workouts for the past two and one half years and have been quite impressed with the effectiveness of these workouts. I find that I have been feeling much better. The problems with chronic cervicitis and spastic colon seems to have disappeared. I have otherwise been in much better health, have increased vitality, and do not tire as easily as before, I have, as well, recommended reflexology workouts to some clients of mine who also have been delighted with the results.

I find reflexology a most effective way of maintaining good health and vitality.

Respectfully,

Bernard Potts

BP:mis



Concerning:

Bernard Haygood, Jr.

Petition No. 81-117-SPH
Item 57

Additional material
to be sent.



INTERNATIONAL
INSTITUTE

REFLEXOLOGY

Published by
INTERNATIONAL INSTITUTE of Reflexology,
The Original Ingham Method of Foot Reflexology

WELCOME TO THE JOURNAL OF REFLEXOLOGY	Period	Vol.	No.
	JAN. - MAR. 1980	1	1

For some time now we have recognized the need for a publication to implement our seminars and communicate in a more direct manner with our associates. This journal is dedicated to the needs of our practitioners. We will have a section covering questions directed to us here at headquarters and our replies. Through this means our readers will be better informed and continually re-informed on techniques easily overlooked or forgotten. A section devoted to 'Tips and Pointers' allow us to supplement your training and experience with the thoughts and ideas passed on to us by others. We expect to make this section very useful in day to day activities. I want this to become your journal and an additional means of encouraging the continued practice of the INGHAM METHOD OF REFLEXOLOGY.

From time to time a two page supplement will be enclosed covering BODY STRUCTURE. This section will endeavor to point out the function and relationship of one particular organ to an other and to the technique we recommend to relieve any negative condition. It will be a strong addition to our fast moving seminar programs that sometimes out distance your note taking abilities. 'BODY STRUCTURE' will pay particular attention to the supplemental steps to take to assure patient improvement where the correction of one body area calls for supporting areas to be examined and treated. We want supplemental corrections to be a normal part of your treatment steps.

Another major purpose of our journal is to explain the major points of the INGHAM METHOD of Reflexology so clearly and so plainly that they can be easily communicated to reflexologist and patient alike. And further, because of this simplicity, it will become easier to remember our lessons.

Journal articles will be written to help both the patient oriented Reflexologist and the home Reflexologist. Our experience confirms that disappointments and difficulties often encountered in the practice of 'INGHAM' Reflexology results from the ignorance of fundamental principles. The subject of fundamentals will be covered extensively even to the point of repetition. We want our reflexologists to know the fundamentals so thoroughly that the quality of our services will remain superior to other techniques. To know what is taking place in general is not enough, we must know what can be reasonably expected as well as what cannot be expected. If after all my years of practice and teaching I can make you as knowledgeable of these matters as I feel I have become, as a consequence of this experience, you should possess a fund of knowledge that will serve you under all reasonable circumstances.

Dwight C. Byers

Pet 4/4 4

Many of us keep our homes and cars in better shape than we keep our physical bodies. Hard to believe - but true. Perhaps we feel that our bodies will never wear out. Or is it possible that we lean on the car and house as we used to lean on blankets and Teddy Bears. Items of security. Or is it because we feel that the outward material appearance of our possessions are more important to our well-being than the inward feeling of good health?

Never the less good health routines and preventative illness routines should be the worthwhile norm among all of us. The INGHAM method of Reflexology approaches the optimum of all such techniques. It can be practiced by a person upon himself or upon another. As a family routine it is unbeatable. You learn to understand the body organs and their relationship one to the other. You learn to understand their effect upon each other and the interrelationship between distant parts of the body. You learn to recognize and appreciate the problems of others and to help them in whole or in part. The INGHAM method of Foot Reflexology is a LIVE-ing art.

More and more people are looking for means of helping themselves to be healthier. They are disturbed by the fact that as healthy as we may appear to be we use more medicine and pills than ever. The consumption of laxatives, headache pills, diet pills, tranquilizer pills and even cigarettes always seem to be on the increase. Sure, our excellent medical system sees us through this maze, but there must be a basic, simple exercise or practice that will relieve some conditions or even prevent them from arising. And so many men and women seek out our INGHAM method of foot compression techniques and find them to be beneficial. The results speak for themselves.

We have ignored our bodies too long. Fortunately the body can take a lot of punishment, but it does have limits. Let's put the body first for a time and see what happens.

YOU TOO CAN HELP

To make this Journal effective, informative and responsive to all of us we look forward to hearing from our readers. Information, ideas and experiences that can be adapted for publication in the Journal in future issues are welcome. Newspaper and magazine articles, unusual experiences in the use of the INGHAM Method of Foot Reflexology and even the circumstances under which you became interested in reflexology may be of interest to our readers.

We are looking forward to hearing from any of our practicing reflexologists who may be working for doctors or who have had people referred to them by a physician, osteopath, podiatrist or chiropractor. There are any number of Podiatrists and Chiropractors who have taken our seminars and any experiences they would like to pass along to the Journal for publication would be welcome. Please address articles for publication to either Dwight Byers or L. C. Carey.

The Journal of Reflexology is published by
The International Institute of Reflexology
5650-1st Avenue North, P. O. Box 12642
St. Petersburg, Florida, 33733
Tel. 1-813-343-4811
Publisher - Dwight C. Byers
Editor - L. C. Carey

LETTERS TO THE EDITOR

"Do you have any treatment for the disease Hypoglycemia?" V.V.
It is most important to work the Pancreas along with the other glands; thyroid, pituitary, adrenal, etc. Regularity is also important. A large part of the pancreas is found on the inside of the left foot just above the waste line. The remainder is found on the right foot in the same general area.
(Refer to page 38 of 'Stories the Feet can tell' and page 80 of 'Stories the Feet have Told').

"My eleven year old daughter has just returned from four days in the hospital getting a plate put in a broken arm. One of the first requests coming out of the anesthesia was to have her feet rubbed. She has a question I would like to pass on to you. What part of the feet are related to arms and legs?" J.G.
The same reflexes present in the feet are present in the hand. The toes relate to the fingers, the ankle area to the wrist area, and the lower leg is related to the fore arm. The knee is related to the elbow, the thigh to the upper arm and the hip-joint to the shoulder joint. Working these opposite areas often prove beneficial.
(Refer to page 3 and 8 of 'Stories the Feet can tell').

"Please send me any information on this subject. I've suffered for over a hellish year - with Stiff Toes, spasms in entire feet - into legs - now has gone into my back, Please help me." R.D.
To help this condition we suggest you work the lower back and coccyx reflexes of the spine, the hip, knee, thigh and the lower arm reflexes. The answer to the question above this may also be of help. You should also find it beneficial to work the hand and fingers as you would the feet.
(Refer to pages 68 and 79 of 'Stories the Feet can Tell' and page 31 of 'Stories the Feet have Told').

Reflexology Seminars
Summer 1980 Dates:

Davenport, Iowa	June 14 & 15	Portland, Oregon	July 19 & 20
Minneapolis, MN (Bloomington)	June 19 & 20	San Jose, CA	July 26 & 27
Sioux Falls, SD	June 24 & 25	Anaheim, CA	Aug. 2 & 3
Winnipeg, Manitoba	June 29 & 30	San Diego, CA	Aug. 9 & 10
Saskatoon, Saskatchewan	July 5 & 6	Denver, Colorado	Aug. 16 & 17
Vancouver, B.C.	July 12 & 13	Oklahoma City, Oklahoma	Aug. 20 & 21

REFLEXOLOGY

Keep abreast of Reflexology developments.

Reinforce your understanding of Basic and Advanced Reflexology techniques.

Future articles will cover the Liver, Spine, Kidneys, Spleen, Pancreas, Lymphatic System, etc.

☐ YES. I want to subscribe to the Journal of Reflexology for 4 issues for \$5.00.

I am enclosing ☐ Check ☐ Money Order in U.S. Funds for

NAME _____
STREET _____
CITY _____ STATE _____ ZIP _____

INGHAM PUBLISHING, INC. P. O. BOX 12642
ST. PETERSBURG, FLORIDA 33733

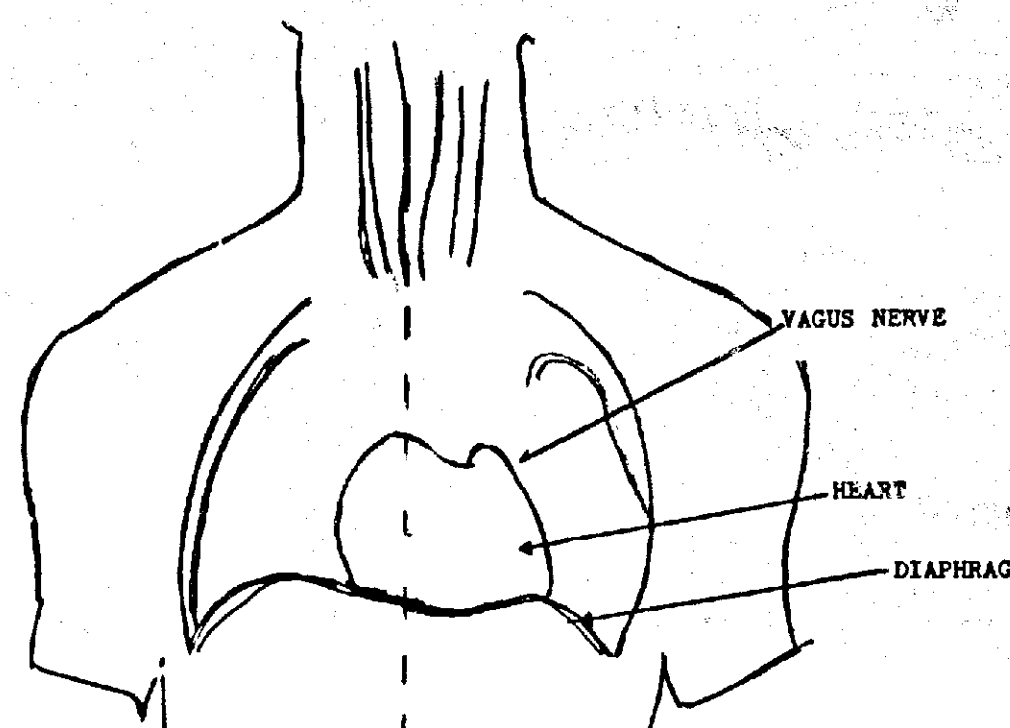
LETTER POLICY

Letters to the Editor dealing with Reflexology related interests are welcome.

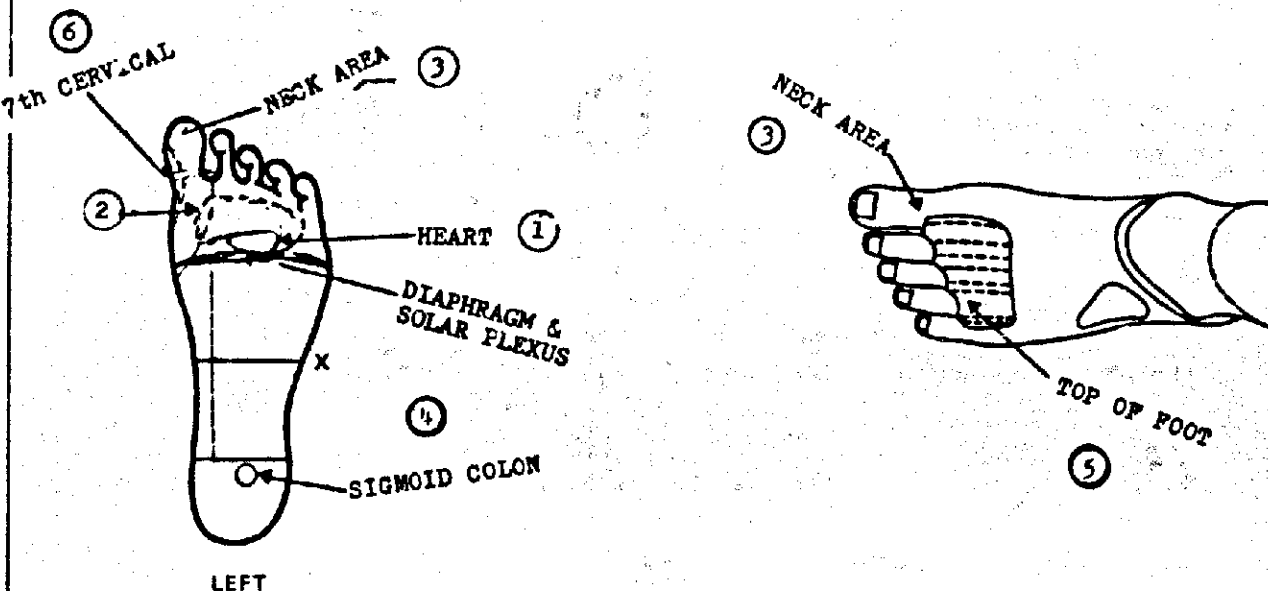
We reserve the right to edit letters to fit space requirements. Letters should be written clearly or typed, and addressed to the editor.

- CLIP AND SAVE -

BODY STRUCTURE

SECTION
HEART

THE HEART IS LOCATED BETWEEN THE LUNGS. TWO THIRDS OF ITS AREA IS TO THE LEFT OF THE CENTER ZONE. TO GET AT THE OTHER ONE THIRD IT IS NECESSARY TO WORK BOTH FEET.



This section is devoted to the organs of the body. Keep it handy for reference.

Section Number	Page	Date
ONE	1 of 2	JAN 80



BALTIMORE COUNTY
DEPARTMENT OF PUBLIC WORKS
TOWSON, MARYLAND 21204

HARRY I. PISTEL, P.E.
DIRECTOR

December 24, 1980

Mr. William E. Hammond
Zoning Commissioner
County Office Building
Towson, Maryland 21204

Re: Item #57 (1980-1981)
Property Owner: Bernard Haygood, Jr.
Proposed Zoning: Special Hearing to approve an office of a reflexologist as as one of the other professional persons referred to in Sec. 1A, 02.2 A, 10 (d) as being a permitted use within his bona fide residence.

Dear Mr. Hammond:

The following comments are furnished in regard to the plat submitted to this office for review by the Zoning Advisory Committee in connection with the subject item.

General:

A plan was not submitted in connection with this Item 57 (1980-1981) on the agenda for the Zoning Advisory Committee Meeting of September 23, 1980, and comments were not requested at that time.

Baltimore County highway and utility improvements are not directly involved.

Westminster Road (U.S. 140) is a State Road; therefore, all improvements, intersections, entrances and drainage requirements as they affect the road come under the jurisdiction of the Maryland State Highway Administration. Any utility construction within the State Road right-of-way will be subject to the standards, specifications and approval of the State in addition to those of Baltimore County.

Entrance locations are also subject to approval by the Baltimore County Department of Traffic Engineering.

Very truly yours,

ROBERT A. MORTON, P.E., Chief
Bureau of Public Services

RAM:EAM:FWR:ss

cc: J. Wimbley
J. Somers

X-SE Key Sheet
65 NW 43 Pos. Sheet
NW 17K Topo
48 Tax Map

PETITION FOR SPECIAL HEARING

4th District

ZONING: Petition for Special Hearing
LOCATION: South side of Westminster Road, .7 mile West of Westminster and Hanover Pike
DATE & TIME: Thursday, December 11, 1980 at 10:15 A.M.
PUBLIC HEARING: Room 106, County Office Building, 111 W. Chesapeake Avenue, Towson, Maryland

The Zoning Commissioner of Baltimore County, by authority of the Zoning Act and Regulations of Baltimore County, will hold a public hearing:

Petition for Special Hearing under Section 500.7 of the Zoning Regulations of Baltimore County, to determine whether or not the Zoning Commissioner and/or Deputy Zoning Commissioner should approve an office of a reflexologist as one of the other professional persons permitted to have an office within his bona fide residence

All that parcel of land in the Fourth District of Baltimore County

Being the property of Bernard Haygood, Jr., as shown on plat plan filed with the Zoning Department

Hearing Date: Thursday, December 11, 1980 at 10:15 A.M.
Public Hearing: Room 106, County Office Building, 111 W. Chesapeake Avenue, Towson, Maryland

BY ORDER OF
WILLIAM E. HAMMOND
ZONING COMMISSIONER
OF BALTIMORE COUNTY

DESCRIPTION FOR SPECIAL HEARING
419 WESTMINSTER ROAD

The property to be considered is located on the south side of Westminster Road about .7 of a mile from the intersection of Westminster Road and Hanover Pike at Reisterstown, containing approximately 1 acre of ground.

BALTIMORE COUNTY, MARYLAND

INTER-OFFICE CORRESPONDENCE

Mr. W. E. Hammond
Zoning Commissioner
TO: Norman E. Gerber, Director
Office of Planning and Zoning
FROM: Petition No. 81-117-SPH Item 57
SUBJECT: November 20, 1980

Petition for Special Hearing
South side of Westminster Road, .7 mile West of Westminster and Hanover Pike
Petitioner: Bernard Haygood, Jr.

Fourth District

HEARING: Thursday, December 11, 1980 (10:15 A.M.)

There are no comprehensive planning factors requiring comment on this petition.

Norman E. Gerber, Director
Office of Planning and Zoning

NEG:JGH:ab

November 12, 1980

Mr. Bernard Haygood, Jr.
419 Westminster Road
Reisterstown, Maryland 21136

NOTICE OF HEARING

RE: Petition for Special Hearing - S/S Westminster Rd.,
.7 mile W of Westminster & Hanover Pike - Case No. 81-117-SPH

TIME: 10:15 A.M.

DATE: Thursday, December 11, 1980

PLACE: ROOM 106 COUNTY OFFICE BUILDING, 111 W. CHESAPEAKE AVENUE,

TOWSON, MARYLAND

William E. Hammond
ZONING COMMISSIONER OF
BALTIMORE COUNTY

Reflexology Page B

COMPRESSION POINTS(S)

Date 1980 Jan - Mar

WORK THE FOLLOWING POINTS	FOOT		READ STORIES THE FEET	
	LEFT	RIGHT	TOPOF BOTH FEET	CAN TELL HAVE TOLD
1 HEART "The heart is a hollow muscular organ of a conical form, placed between the lungs and enclosed in the cavity of the pericardium obliquely in the chest. The broad attached end or base is directed upward to the right and corresponds to the interval between the fifth and eighth dorsal vertebrae"	X	X		44-47
2 Leaky Valve (heart) 1st and 2nd toe (relative to Thyroid)	X	X		
3 Neck Area	X	X	X	24
4 Sigmoid Colon (gas)	X			67
5 Breast			X	95
6 7th Cervical	X	X		14
ANGINA PECTORIS If pain extends up towards the shoulder and neck, work upward toward the 4th and 5th toes. Keep trying until you find some tenderness. Then set to, and work the tenderness out.	X	X	X	49
7 Diaphragm and Solar Plexus	X	X		48 & 49

Note:
When we are working the heart, there is no one area that we can confine our work to. For that reason it is important to follow the steps outlined above.

VAGUS NERVE: The Vagus nerve is one of twelve cranial nerves. It is the longest of the twelve cranial nerves and services the medulla oblongata, pharynx, larynx, trachea, bronchi, lungs, aortic arch and certain internal organs. Branches of this nerve influence reflex control over gastric secretions. While the vagus nerve is connected to the brain it does not travel through the spinal column in performing its duties.

When we understand the extent of its services to the body we can appreciate why it is sometimes referred to as the vagabond or wandering nerve. From the number of bodily areas the vagus nerve services you can readily see why we suggest you always work both feet fully.

Reflexology Page 4

TIPS and POINTERS

When treating a patient who is having his first reflexology treatment use just enough pressure to let the patient know something is happening.

If the patient appears nervous or high strung and if the reflexes are extremely sensitive relax the tensions through the solar plexus (desert) frequently during the session. Remember - not too much pressure.

Give the treatment with a slow creeping finger motion, gentle at first, gradually increasing pressure to the point you observe the patient can reasonably tolerate. Work each area slowly and thoroughly. It is best to go over an area twice systematically than to go over an area once rapidly.

Keep your eyes on the face of the patient watching for a change in expression or indication that alerts you the moment your thumb (finger) comes in contact with an irritated crystal-filled nerve ending. This is a signal to you of areas to be worked over.

At any point of patient reaction we want to be extremely careful to relax them (desserts) frequently and explain to them what is happening and why. Remember we are relaxing tensions, improving nerve and blood supply and helping nature to normalise.

REFLEXOLOGY

5650 1st Avenue North
P. O. Box 12642
St. Petersburg, Florida 33733

Vol. 1 No. 1

Mr. Bernard Haygood Jr.
419 Westminster Road
Reisterstown, Maryland 21136

NOTICE OF HEARING

RE: Petition for Special Hearing - Case No. 81-88-SPH

TIME: 9:45 A.M.

DATE: Tuesday, October 28, 1980

PLACE: ROOM 106 COUNTY OFFICE BUILDING, 111 W. CHESAPEAKE AVENUE,

TOWSON, MARYLAND

William E. Hammond
ZONING COMMISSIONER OF
BALTIMORE COUNTY

BALTIMORE COUNTY
OFFICE OF PLANNING & ZONING
TOWSON, MARYLAND 21204
494-3333

WILLIAM E. HAMMOND
ZONING COMMISSIONER

November 25, 1980

Mr. Bernard Haygood, Jr.
419 Westminster Road
Reisterstown, Maryland 21136

RE: Petition for Special Hearing
S/S Westminster Rd., .7 mile W of
Westminster & Hanover Pike
Case No. 81-117-SPH

Dear Mr. Haygood:

This is to advise you that \$39.21 is due for advertising and posting of the above-property.

Please make check payable to Baltimore County, Maryland and remit to Sandra Jones, Room 113, County Office Building, Towson, Maryland 21204, before the hearing.

Very truly yours,
William E. Hammond
WILLIAM E. HAMMOND
Zoning Commissioner

WEH:sj

PETITION FOR
SPECIAL HEARING
ZONING: Petition for Special
Hearing
LOCATION: South side of West-
minster Road, .7 mile West of West-
minster and Hanover Pike
DATE & TIME: Thursday, Decem-
ber 11, 1980 at 10:15 A.M.
PUBLIC HEARING: Room 106,
County Office Building, 111 W.
Chesapeake Avenue, Towson,
Maryland
The Zoning Commissioner of Bal-
timore County, by authority of the
Zoning Act and Regulations of Bal-
timore County, will hold a public hear-
ing.
Petition for Special Hearing under
Section 900.7 of the Zoning Regu-
lations of Baltimore County to de-
termine whether or not the Zoning
Commissioner and/or Deputy Zon-
ing Commissioner should approve
an order of a rezoning as one of
the other professional persons per-
mitted to have an office within the
solar plexus.
All the parcels of land in the Fourth
District of Baltimore County
The property to be considered is
located on the south side of West-
minster Road about .7 mile West of
the intersection of Westminster
Road and Hanover Pike in Reis-
terstown, containing approximately
2 acres of land.
Being the property of Bernard
Haygood, Jr. as shown on plat map
filed with the Zoning Department,
Meeting Room 106, County Office
Building, 111 W. Chesapeake Ave-
nue, Towson, Maryland, Decem-
ber 11, 1980 at 10:15 A.M.
Public Hearing Room 106, County
Office Building, 111 W.
Chesapeake Avenue, Towson,
Maryland.
WILLIAM E. HAMMOND
ZONING COMMISSIONER
OF BALTIMORE COUNTY
CNCR. 20.

Office of
COLUMBIA
Publishing Corp.
10750 Little Patuxent Pkwy
Columbia, MD 21044

THIS IS TO CERTIFY, that the annexed advertisement of

Petition for Special Hearing - Westminster Rd

was inserted in the following:

- ☒ Catonsville Times
- ☒ Arbutus Times

weekly newspapers published in Baltimore County, Maryland,
once a week for one successive weeks before
the 21st day of November 1980, that is to say,
the same was inserted in the issues of 11-20-80

COLUMBIA PUBLISHING CORP.
By *W. H. Hession*

BALTIMORE COUNTY
OFFICE OF PLANNING & ZONING
TOWSON, MARYLAND 21204
494-3333

WILLIAM E. HAMMOND
ZONING COMMISSIONER

June 3, 1981

Mr. Bernard Haygood, Jr.
419 Westminster Road
Reisterstown, Maryland 21136

RE: Petition for Special Hearing
S/S of Westminster Rd., 0.7 of a mile
W of Westminster Rd. & Hanover Pike -
4th Election District
Bernard Haygood, Jr. - Petitioner
NO. 81-117-SPH (Item No. 57)

Dear Mr. Haygood:

I have this date passed my Order in the above captioned matter in accordance with the attached.

Very truly yours,

John M. H. Jung
JEAN M. H. JUNG
Deputy Zoning Commissioner

JMHJ/mc

Attachments

cc: John W. Hession, III, Esquire
People's Counsel

Massaging the feet

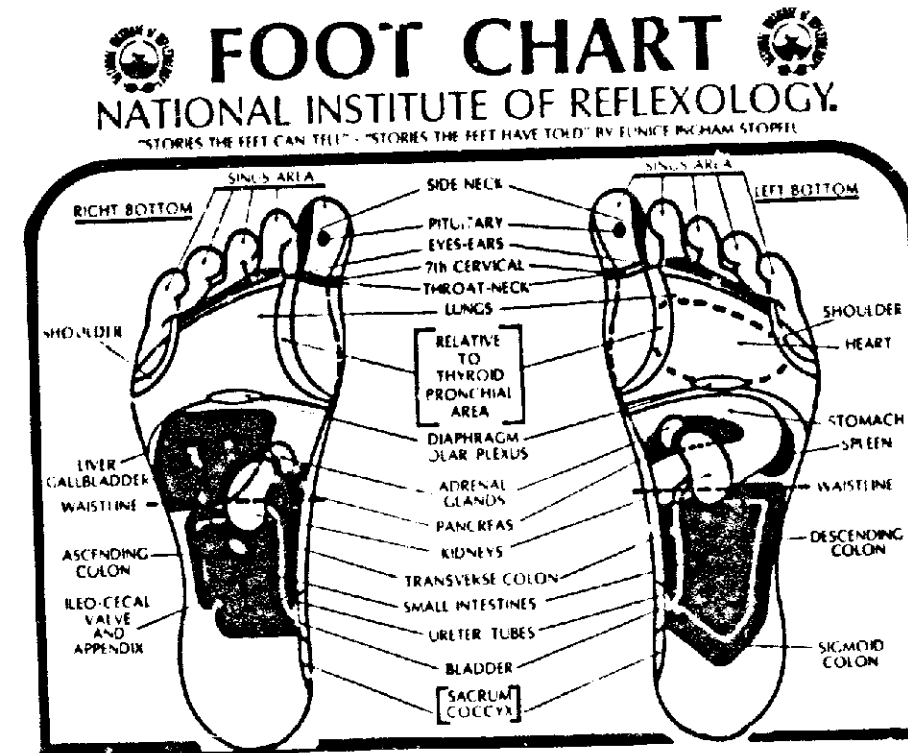
Some say it helps ailments



Close up of Bernard Haygood massaging an area of the foot corresponding to the stomach.

Haygood can often be heard telling his patients, "We'll do the work, leave the rest to God, and let you be the judge."
He says, "As a Christian I believe God blesses more so what we do if we give him the credit."
The 50-year-old reflexologist says that this isn't solely what it relies on though. It is based on scientific evidence.
The partners always give their clients a total workout, instead of just concentrating on problem areas.
The body is too related. By working the whole foot we can work on areas that might be connected to that problem, they say.
Concerned with the total well-being of the client, the reflexologists also offer clients a nutritional program and lymphatic exercise program. They promote raw juices such as celery and carrot.
"The human body is wonderful. It is a self-repairing mechanism, provided it has the proper raw materials," said Haygood.
For lymphatic exercise, they sell a "Rebounder," which resembles a small trampoline. Jumping up and down on it is supposed to keep poisons from backing up in the system. The partners follow their own advice and participate in the program.
"This is the only way we can work to 10 hours a day," says Haygood as he bounces up and down.

Eleanor Stokes, a 78-year-old resident of Westminster and former registered nurse says "It has really done me good. I really feel good."
She had been troubled with arthritis and a draggy feeling, so her curiosity persuaded her to try reflexology.
"I got a juicer and am drinking carrot and celery juice. I got a 'Rebounder' and bounce around on it. The combination of things is good. It just works. I'm getting so I can walk better and a little farther."
As side benefits she testifies to having no more sinus headaches, and a sore spot on top of her head for several years has disappeared.
Several patients are just happy to gain relaxation. "It did definitely relax me after a workout. I felt refreshed and at peace with the world. I think it's beneficial. I wouldn't compare it with massage. It's much deeper than that," said George Trump of Westminster.
Haygood speaks off about miraculous happenings of the thousand or so people he has worked on, but Miller explains, "Reflexology is not a cure all. It's only getting circulation normalized that promotes healing."
The result of a workout proved a drop in blood pressure from 120 over 94 to 114 over 76.



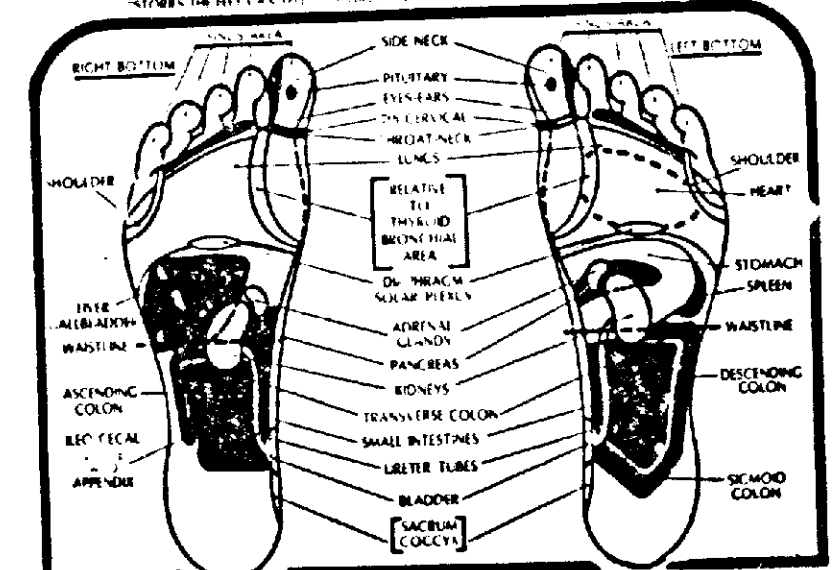
THE SUN Tuesday, February 13, 1979

Contemporary

Standing up for the lowly feet

Reflexologists call them key to what ails you

FOOT CHART NATIONAL INSTITUTE OF REFLEXOLOGY



Reflexologists link parts of the feet to other areas of the body.



Edward Miller (left) and Bernard Haygood work on two pairs of willing feet.

By Terry Rubenstein
Fifty-year-old Ed Ruppert is absolutely convinced that the "workouts" saved him from a surgeon's knife.
Ray Crone says that he's got circulation in his 74-year-old hands again.
Maybell Phillips, 75, says she feels more relaxed and more energetic since her treatments began.
All three of these people attribute their improved health to reflexology—compression foot massage.
Most books on the subject trace American knowledge of this ancient art to Dr. William Fitzgerald, a Hartford physician who practiced in the early years of this century.
He said that by applying pressure and stroking to certain parts of the feet, patients could get relief from problems with specific organs.
According to the foot diagrams presented in such works as "Strokes the Feet Have Told" by Eunice Ingham Stoppel, a disciple of Dr. Fitzgerald, the big toe correlates to the head and neck. If you get pain when applying pressure to the middle of the big toe, you could be having a problem with your pituitary gland.
Similarly, pain at the base of the big toe may indicate neck problems. By working the foot, especially the areas that are tender, the reflexologists say, the congestion is broken up and blood flow is improved.
Another book, "Helping Yourself with Reflexology," suggests that you can cure headaches, even constipation, just by rubbing the correct part of the foot.
There is no licensing of reflexologists in Maryland, but a national institute of reflexology sponsors courses every few months to train practitioners.
While many physicians regard this method of healing as something akin to witchcraft, some people claim to have had great success relieving painful and debilitating conditions.
"For four months, I had terrible stomach indigestion," Mr. Ruppert said. "I had all sorts of tests. X-rays. I was going to the doctor every Thursday and it was costing me a fortune." The Pikesville garbage hauling contractor said.
"I was taking all kinds of pills, and sometimes I could hardly crawl. I heard about Bernard Haygood from a cousin and in two treatments, and for just \$7 each, my problem disappeared completely."
Bernard Haygood, 49, and his 28-year-old companion, Edwin Miller, mix their brand of healing with a nutritional program—for those who accept it. In addition to the weekly foot massages Mr. Haygood

IN THE CIRCUIT COURT
FOR BALTIMORE COUNTY, IN EQUITY

CERTIFICATE OF PUBLICATION OF

Plaintiff

VS.

Defendant

Reflexology: A massage a day keeps the doctor away

authorization to perform these workouts, but they say they've attended many seminars.

Reflexologist Bernard Haygood mass

a patient's foot. (Photo Penney Baile)



774 (Home) or 795-1346 (Sec.)
by appointment.

Or call 795-3774 (Home) or 795-1346 (Sec.)
for a reflexology appointment.

Attend a seminar on the "Ingham Method" of Foot Reflexology

We extend to you this invitation for a better understanding of "Stories The Feet Can Tell" and "Stories The Feet Have Told" by Eunice Ingham Stopfel presented by May Post, well-known lecturer, practitioner for twenty-three years and seminar-conductor for fourteen years.

A complete book review Seminar with THEORY, DEMONSTRATION and INSTRUCTIONS to learn the proper techniques which cannot be obtained from the books alone.

TENSION?? POOR CIRCULATION?? Take a step to better health now. Make plans today to attend a Seminar.

This two-day Seminar is \$130.00 with continued return privileges.

Offered by the International Institute of Reflexology.

Post These Dates

1980 FALL SCHEDULE

Post These Dates

Sept. 13, Sat. Sept. 14, Sun.	PETERSBURGH, VA HOLIDAY INN, DOWNTOWN I-95 & Washington St. S. bound exit 3 N. bound exit 2 1-804-733-0730
Sept. 17, Wed. Sept. 18, Thurs.	BIRD-IN-HAND Fire House On Rt. 340 1-717-393-7952
Sept. 20, Sat. Sept. 21, Sun.	BETHESDA, MD RAMADA INN 8400 Wisconsin Ave. 1-301-654-1000
Sept. 23, Tues. Sept. 24, Wed.	SCRANTON, PA HOLIDAY INN Franklin Ave. at Mulberry St. 57 W. Exit off 81 N 1-717-346-7061

Sept. 27, Sat. Sept. 28, Sun.	PHILADELPHIA, PA HOLIDAY INN Independence Mall 4th and Arch St. 1-215-932-8660
Sept. 30, Tues. Oct. 1, Wed.	DU BOIS, PA DU BOIS MANOR Liberty Blvd. 1-814-371-5400
Oct. 3, Fri. Oct. 4, Sat.	BEAVER FALLS, PA HOLIDAY INN Rt. 18 North (Interchange Pa. Tpk.) 1-412-846-3700
Oct. 7, Tues. Oct. 8, Wed.	ULYSSES, PA At Home of Daniel & Reba Nauman Rt. 1 Ulysses, PA Call 1-814-848-7427 for Directions

BE SURE TO MAKE MOTEL
RESERVATIONS NOW!

FOR ADDITIONAL
INFORMATION, PHONE:
215/722-3668

REGISTRATION TIME
8:30 — 9:00 A.M.

AT OUR SEMINARS....

We will give you startling facts that have been experienced by those who have met with us from coast to coast.

We will demonstrate just how, where and how long to apply this scientific method of Foot Reflexology.

This special technique to the nerve reflexes in the feet has a natural way of relaxing nerve tension and stimulating the circulation.

We will show you the wonders this reflex work can perform with a personal demonstration, colored slides and a simple explanation of anatomy and how it can be applied to the reflexes in the feet and their relation to various organs of the body.

You will hear and learn what others are doing who have met with us from year to year, many traveling hundreds of miles to hear of new developments.

Let our trained technicians help you more fully understand the applications as outlined in both publications, plus new developments not in print. These refined applications of the Ingham Reflexology Method when applied properly, stimulate circulation and relax nerve tension. You can't afford to miss this opportunity. Plan to attend the next seminar in your area. Make plans now. This one time price of only \$10.00 entitles you to attend any future seminars anyplace, anytime for a nominal registration fee.

REFLEXOLOGY SCHEDULE

1st Day — 8:30 to 9:00 A.M. Registration
9:00 - Noon Lectures with Color Slides
1:30 - 5:00 P.M. and Pictorial Charts

NO TAPE RECORDERS, PLEASE.
BRING A NOTEBOOK AND PENCIL.

2nd Day — 9:00 A.M. until finished
Individual instruction on the feet. Each new member will personally APPLY and RECEIVE this technique. Certificate upon completion. Former members \$8.00 registration except for Bird-In-Hand which will remain \$5.00.

No Advanced Registration Necessary

THOUSANDS HAVE ATTENDED AND BENEFITED

For over 35 years we have been conducting this book review Seminar. Doctors and layment coast to coast have attended these lectures. Foot Reflexology has aroused world wide enthusiasm as evidenced by many unsolicited testimonials.

"Let me thank you again sincerely for helping me in the brief moments you had that night at the N.H.F. Convention. It was indeed a benefit to me and I shall never forget the kindness."

Dr. K.K. — Brooklyn, N.Y.

"I'd like to take this opportunity to let you know what a high spiritual influence you have had on my life by being a channel to enable me to have a way to truly serve others at my very fingertips."

P.R. — Washington, D.C.

"I am enjoying giving foot Reflexology. I started the week after the April 21 class and have done over 100 clients and have had wonderful results with most of them. I have not advertised, only word-of-mouth. I have some come twice a week, some once a week."

L.D. — Mechanicsburg, Pa.

"I want to say thank you for being such a beautiful person and fine teacher and for sharing your "findings" with all who care to listen and learn."

C.M. — Audubon, Pa.